

IMPORTANCE OF PRACTICING MINDFULNESS

What is mindfulness?

- **Mindfulness (n.):** mental state of being aware of your feelings and accepting experiences, thoughts, and bodily sensations.

What does that mean?

- It means being fully present and fully engaged in what you're doing at the moment – without judgment or distraction.

Why is mindfulness important?

- Mindfulness has many benefits and can have lasting positive impacts. Some of the benefits include:
 - Relief from stress and anxiety
 - Increased focus and more efficiency
 - Improved memory
 - Improved academic success
 - Boosts and enhances resilience
 - Improves general physical and mental health
 - Increases confidence
 - Improves sleep



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There are many different ways to practice mindfulness. Try different things out and find what works best for you. Practicing mindfulness is unique to every person.

- **Visualize.** See yourself acing a test or getting a good grade to increase confidence and overcome self-doubt/fear.
- **Take time to do what you love.** This is an important method of self-care and personal development.
- **Take deep breaths.** This helps slow down your mind and heart rate.
- **Do one thing at a time.** Prioritize tasks and put your full attention to one thing at a time.
- **Practice meditation.** Daily meditation practice yields great results.
- **Put down your phone.** Take a look at the beautiful nature around you.

Apps

- Calm
- Headspace
- Mindfulness App

Social Media Accounts to Follow

- @jayshetty
- @asiansformentalhealth
- @browngirltherapy
- @bethdrawsthings

